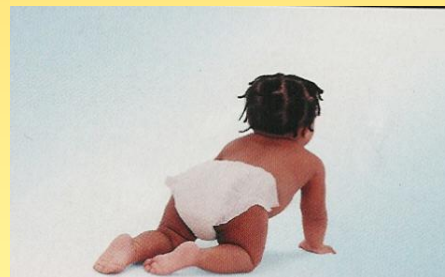


# Exposure Session 2B: Getting Ready to Become Smoke Free



- **Healthy**
- **Outcomes of**
- **Pregnancy**
- **Education**



[Select a Different Session](#)

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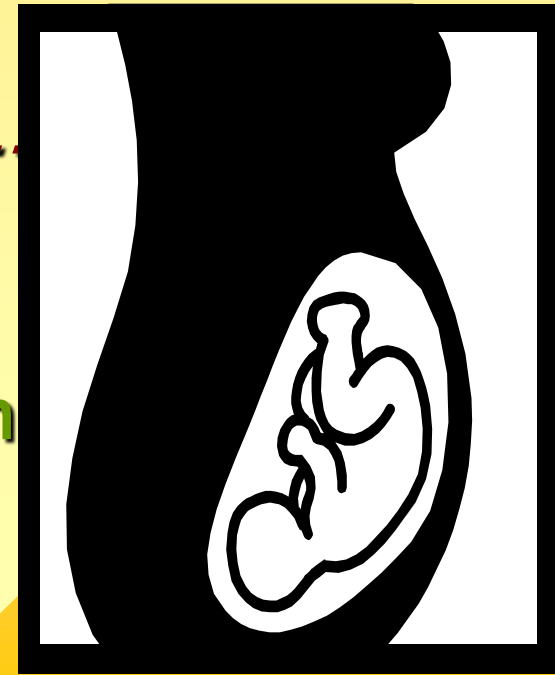
# There Are a Number of Good Reasons to Become Smoke Free

*Your Baby Will Have a Better Chance For...*

- Good growth & development
- Normal birth weight

*You Will Have a Better Chance For ...*

- A full term delivery
- Less chance of miscarriage or stillbirth



# Reasons to Become Smoke Free

*During the first year of life, your baby will be **LESS LIKELY** to have ...*

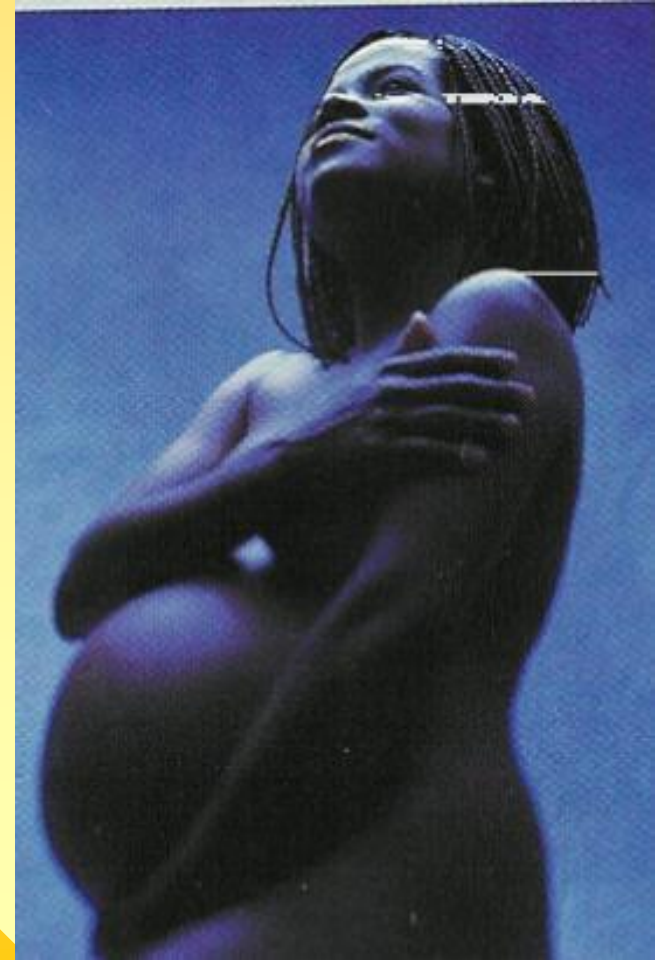
- Asthma and allergies
- Colds and coughs
- Lung infections like pneumonia
- Ear infections
- Fussy, cry more often, or colicky baby
- Sudden Infant Death Syndrome (SIDS)



# Reasons For You to Become Smoke Free

You Will Reduce Your Risks For...

- Coughs & colds
- Allergies & asthma
- Emphysema & bronchitis
- Stroke or heart attack
- Lung & other cancers
- Preterm birth
- Miscarriage



*What Are YOUR Reasons For Wanting To Become Smoke Free?*

- \_\_\_\_\_
- \_\_\_\_\_

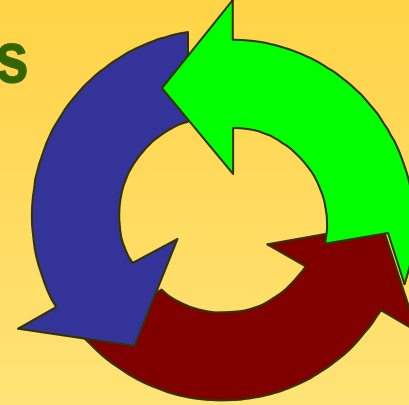


*Are You Able To Communicate These Reasons To The Smokers In Your Life?*

- \_\_\_\_\_
- \_\_\_\_\_

# Breaking the Cycle of Smoke Exposure

Thoughts



Feelings

Behaviors

**Involves Knowing How and When To ...**

- Say what YOU think.
- Express how YOU feel.
- Ask for, and promote the behaviors that YOU want from others.
- Act to protect yourself and your baby.

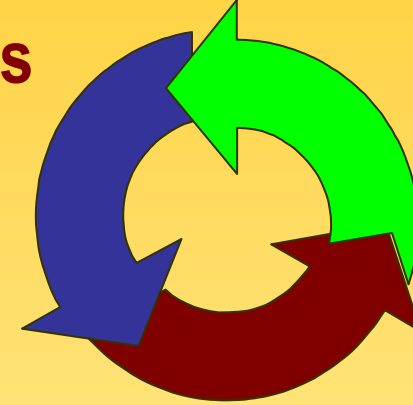
# Learn the **ABC's** of Behavior Change

## **Reducing Smoke Exposure Depends On You.**

- **Activating Events** Your thoughts, feelings or behaviors can influence whether other people smoke around you.
- **Behaviors** The behavior you are trying to change = Smoke Exposure
- **Consequences** What you say, feel or do after someone smokes or NOT can promote NON-smoking OR smoking.

# Examples: Activating Events ...

Thoughts



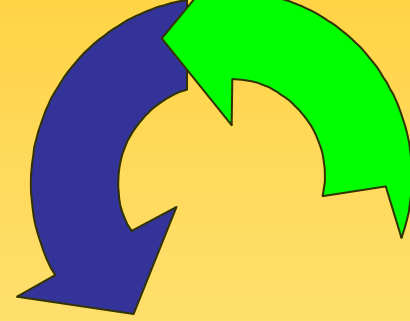
Feelings

Behaviors

**... What You Say, Feel & Do Before Someone Smokes Can Influence Whether Other People Smoke Around You.**

- **Thoughts**                      It is not good for the baby if I am around cigarette smoking.
- **Feelings**                      I worry about being around smoke.
- **Behaviors**                      I will leave the room when you smoke.

# Change Your Thoughts & Feelings



- What you think about people who smoke.
- How important you think it is to avoid smoke exposure.
- Your beliefs in your ability to ask others not to smoke around you.
- What you say to yourself when other people are smoking around you.



*Thoughts & Feelings Affect What You Do*

# Thoughts & Feelings About Wanting To Be Smoke Free.

Most women ...

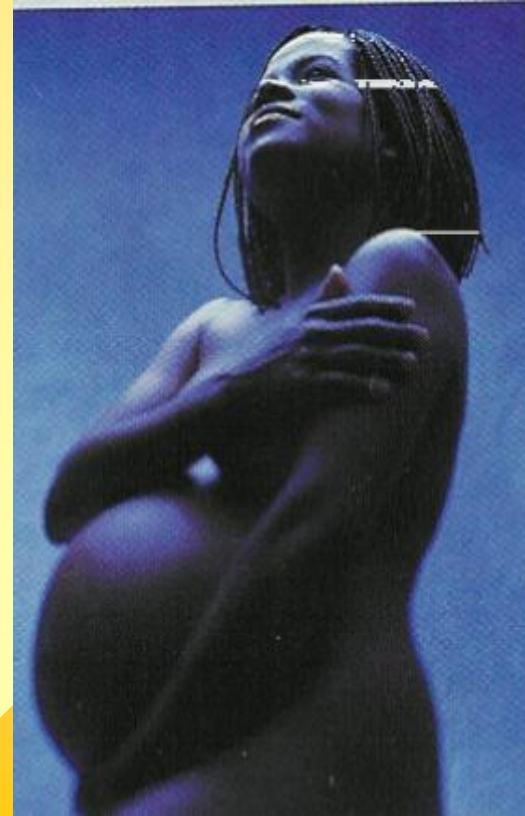
- Feel protective of their babies.
- Will do things for the baby that they might not do for themselves.



# Thoughts & Feelings About Wanting To Be Smoke Free.

**Most women also do not want to ...**

- **Hurt the people they love and care about.**
- **Make a choice between the baby and the other people in their lives.**
- **Make someone angry, or**
- **Possibly lose a relationship or friendship as a result.**



# Example: Negative Thinking Habits

- They will get angry if I ask them NOT to smoke around me.
- I don't know what to say or how to ask.
- They might leave me.
- I won't have any friends; everyone I know smokes.
- I might get kicked out of the house.



***Negative thoughts are self-defeating. They get in the way of your becoming and staying Smoke Free.***

# ***Self-Talk: New Ways of Thinking.***

Turn negative ways of thinking into positives...

## **Negative Thinking**

- They will get angry if I ask them NOT to smoke around me.
- I don't know what to say or how to ask.
- They might leave me.
- I won't have any friends; everyone I know smokes.
- I might get kicked out of the house.

## **Positive Thinking**

- They might get angry, but this is what I want for me and my baby.
- I need to figure out what I want to say and practice it.
- If they leave me over this, they probably don't love me.
- I might need to find new friends.
- I might want to find another place to live.

# *What Negative or Self-Defeating Thoughts Do You Have?*

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



# *How Will You Change Them Into Positives?*

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



**Exercise**

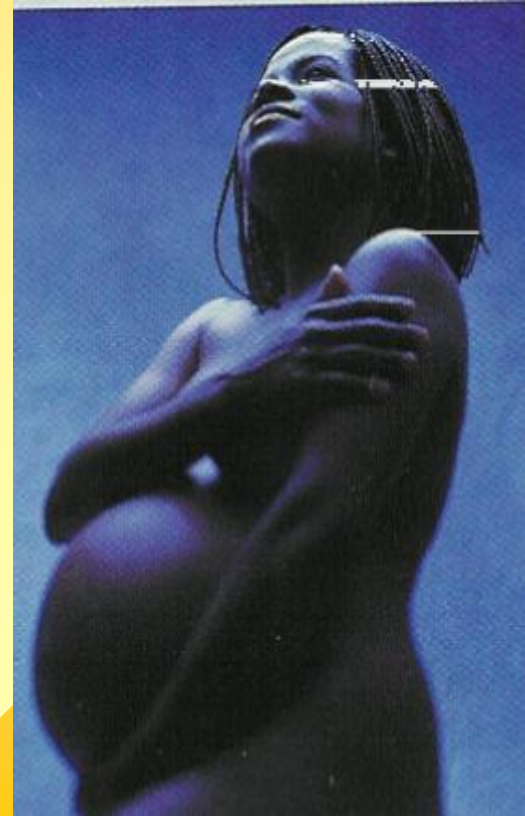
# Asking Smokers Not To Smoke Around YOU Can Be Difficult

Women differ. Some women may be ...

- Afraid
- Concerned
- Reluctant

Other women may be ...

- Confident
- Understanding



# Handle Your Fears & Concerns Before Talking To Smokers



- Decide what you want to say, and practice saying it in front of the mirror first.
- Decide beforehand how far you are willing to push things and where you want to draw the line.
- Try to understand how hard it will be for smokers not to smoke around you.
- Think about how much you will appreciate them NOT smoking around you, and how you will respond to their efforts.
- Make back up plans just in case they do not go along with your requests.

**AND Always Make Sure You & Your Baby Are Safe.**

# Build Self-Confidence

***In Your Ability To Become Smoke Free  
For Your Baby & You.***

I feel ...

- My baby & I are worth it.
- We deserve to be respected by others.
- Strongly about not being exposed to smoke.
- I understand how hard it will be for smokers NOT to smoke in the house.
- Confident they will understand how important their not smoking is to me and my baby.



# When You Talk To Smokers: Focus on the Positive's



- **Benefits** “I will have a healthier baby.”
- **Understanding** “I know this will be hard for you.”
- **Kindness** “I really appreciate what you are doing.”
- **Happiness.** “Your listening makes me happy.”
- **Love** “This makes me love you even more.”



# *Communicating Your Desire to Be Smoke Free To The Smokers In Your Life?*

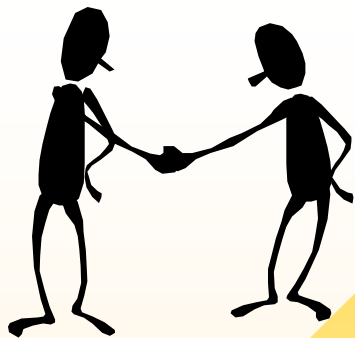
- Who do you want to talk to?  
• \_\_\_\_\_
- What thoughts and feelings do you want to share?  
• \_\_\_\_\_
- How do you think they will respond?  
• \_\_\_\_\_



# *Telling Other People Who Will Support You ...*

**... will give you more strength to talk to smokers & to become Smoke Free than if you keep it to yourself.**

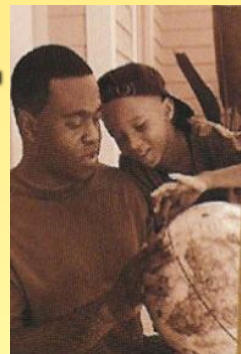
- ✓ Pick people who you are close to who will support your decision.
- ✓ Pick non-smokers or ex-smokers.
- ✓ Pick people who will not doubt your ability to follow through.



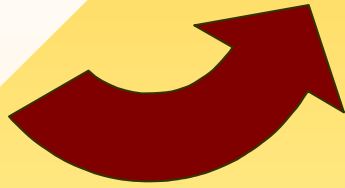
# *Who Will You Tell About YOUR Plans to Become Smoke Free?*

**Name two people who you think might  
support you to become Smoke Free...**

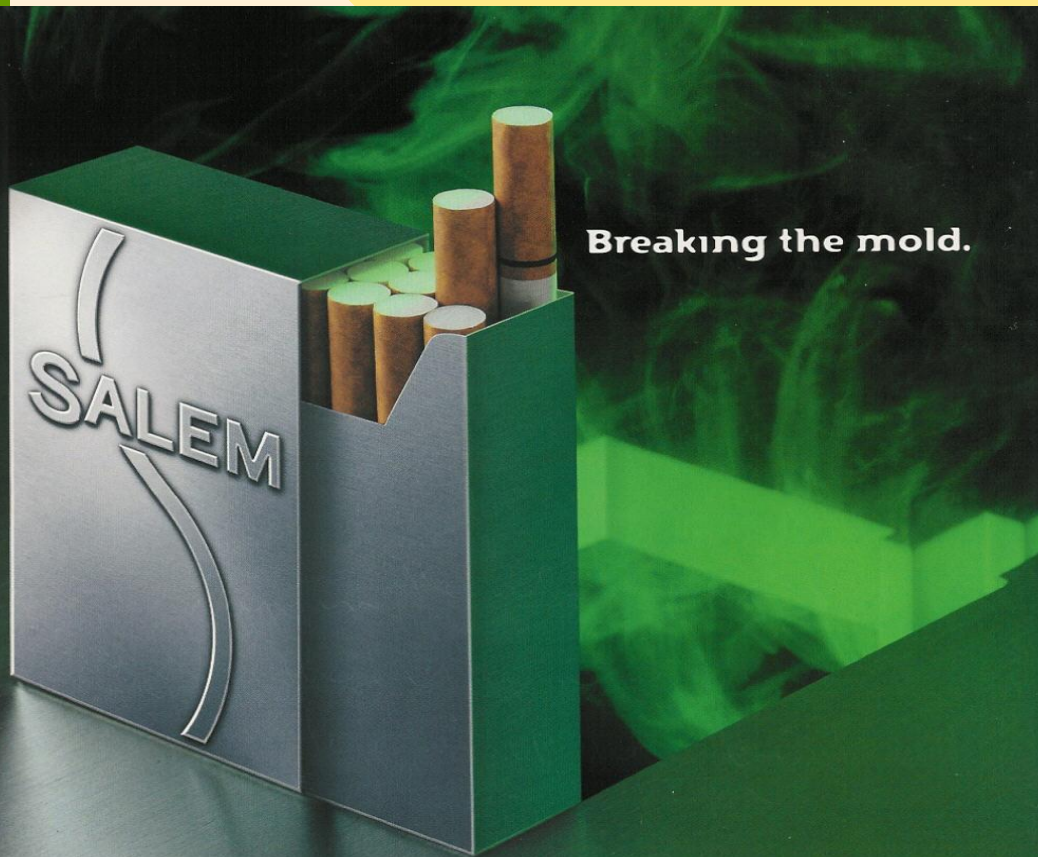
- \_\_\_\_\_
- \_\_\_\_\_



# *Change Your Behaviors*



## **Breaking the Mold!**



*Several  
Strategies are  
Available*





# ***YOU Can: Make Your Home a Smoke Free Environment***

- **Create household rules about NO SMOKING.**
  - **NO Smoking in the house.**
  - **Go outside to smoke.**
- **Throw away lighters, matches and ashtrays.**
- **Post NO SMOKING signs on the refrigerator and other places.**
- **On your Smoke Free day, follow through.**



## ***YOU Can: Avoid Smokers Entirely***

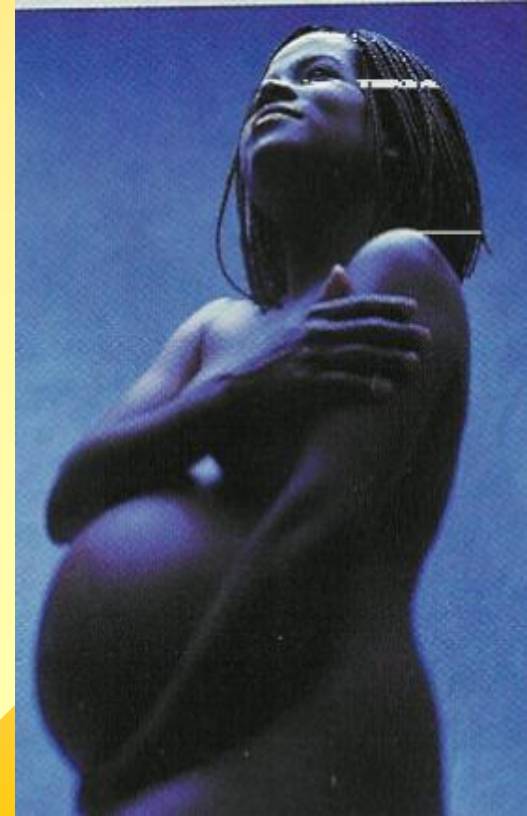
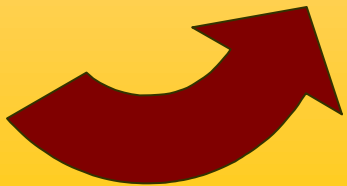
- **Spend more time with people who do NOT smoke.**
- **Avoid going places where people are smoking (e.g., parties, bars).**
- **Don't go to someone's house who smokes.**
- **Go outside if someone is smoking.**



# ***YOU Can: Ask For What You Want***

**When asking for what you want, you need to be ...**

- **Clear in stating your wishes.**
- **Firm in your decision.**
- **Calm AND non-threatening.**
- **Willing to problem-solve to find the best solution.**

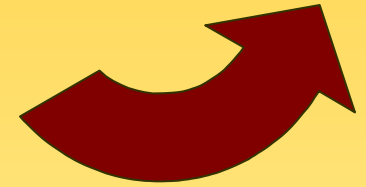




# *You Can: Negotiate a Smoke Free Plan.*

- Make it clear that you want to become Smoke Free, and want to find a mutual solution.
- Present the amount of time you are exposed to smoke each day from your diary.
- Agree on a Smoke Free date & a Scheduled Reduction Plan to cut down or limit smoke exposure before that.
- Present a list of options that smokers can do to help you to become Smoke Free.
- Negotiate and plan ways that you can avoid smoke exposure and they will not smoke around you.

# *List of Options To Avoid or Limit YOUR Smoke Exposure.*



**Ask smokers to...**

**... Avoid Smoking Around You After the Smoke Free Day.**

- **ONLY smoke outside or away from your house.**
- **ONLY smoke at specific times of the day when you are not around.**

**... Reduce Smoking Around You On The Days Before That.**

- **Limit smoking to one, well-ventilated place in the house.**
- **Expand the time between cigarettes.**
- **Limit the number of cigarettes smoked each day to a certain number.**

# *Negotiation: IF – THEN Rules.*



**IF YOU STOP SMOKING AROUND ME, THEN**

... I will be able to spend more time with you.

... I will take us to the movies this weekend.

**IF YOU SMOKE AROUND ME, THEN ...**

... I will go outside.

... I won't be able to spend as much time with you.

***The Key To Your Success Will Be Consistency & Follow-Through.***

# Be Prepared to Reduce Smoke Exposure With or Without Their Help

What do you want?

**I want smokers to go outside to smoke.**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

What if they do it?

**I will plan a trip for the two of us.**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

What if they don't?

**I will go outside when you smoke.**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# *Thank Smokers For Not Smoking or Quitting.*

- By Praise      Thank you so much for not smoking!
- By Feelings      Tell them how happy you are.
- By Actions      Make a favorite dish.  
Buy a small gift.

***Showing you care will make them more likely to help you.***



# *What Strategies Are Best For You?*

## **Strategies**

- ☐ Change your environment
- ☐ Avoid smokers.
- ☐ Talk to smokers about what you want.
- ☐ Negotiate a significant reduction with smokers.
- ☐ Reward people who don't smoke around you

## **What will you do?**

- ☐ \_\_\_\_\_.
- ☐ \_\_\_\_\_.
- ☐ \_\_\_\_\_.
- ☐ \_\_\_\_\_.
- ☐ \_\_\_\_\_.

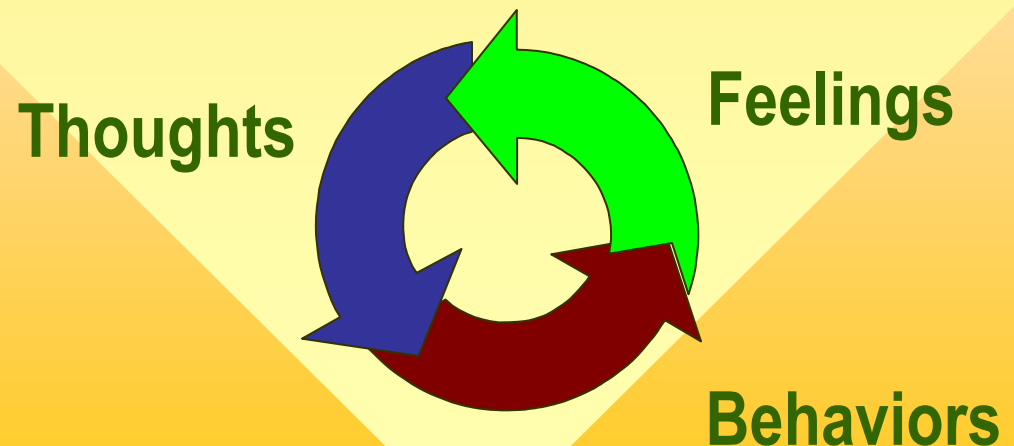


Exercise

# Between Now & Your Next Visit



- **Complete Home Projects (Review Assignments).**
- **Read Guides, Brochures, & Handouts (Give Materials)**
- **Share Information with Others**



# *Asking For, & Getting, What You Want ... I Want To Be Smoke Free!*

**Focus on the image you have of yourself as being Smoke Free.**

- I am alive & free.
- I am self-confident.
- I am active.
- My baby is healthy.



This concludes this portion  
of today's presentation.

Please click here to return  
to the Main Topic Page.